



Aug. 8, 2016

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission:



www.usagria.army.mil/News/II.aspx

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ACC Commanding General Makes First Trip to ACC-RI

Maj. Gen. James E. Simpson, commanding general, U.S. Army Contracting Command, made his inaugural trip to ACC-Rock Island, July 25. Though this was his first face-to-face engagement with the ACC-RI workforce, it was the South Carolina native's third trip to Rock Island Arsenal. In the morning, Simpson presented his two-star chip to several members of the workforce and walked around the center to meet employees before meeting with leadership. During his walk-around, he asked employees about the status of year-end actions, stressed the importance of communicating with co-workers during a high-stress time of year, and thanked employees' families for taking on more responsibilities while their loved ones work late hours. Simpson led a town hall in the afternoon in which he detailed his leadership philosophy, which places commitment, competence and -- in particular, character -- at the forefront. "Character, commitment and competence -- the most important word there is character," he said. ([More](#))



Upcoming Dates

August: Anti-Terrorism Month
Aug. 9: Real Colors, EAP, Bldg. 56, 1st Flr., Rm. 104, 8 a.m. - 12 p.m.
Aug. 10: Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11 a.m.
Aug. 11: ASC Change of Command, Memorial Field, 9 a.m.
Aug. 11: Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
Aug. 12: MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. - 2 p.m.
Aug. 15-16: Financial Fitness Week Classes, ACS, Bldg. 110, 12-1 p.m.
Aug. 15-19: SFL-TAP Workshop, Bldg. 56, 1st Flr., Rm. 122, 8 a.m. - 4:30 p.m.
Aug. 16: Summer Reading Adventure, ACS, Bldg. 110, 4-5 p.m.
Aug. 17-19: Financial Fitness Week Classes, ACS, Bldg. 110, 12-1 p.m.
Aug. 18: ACC-RI Organizational Day, Memorial Field, 11:30 a.m.
Aug. 18: Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
Aug. 19: MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. - 2 p.m.
Aug. 19: Free Family Outdoor Movie Night, Memorial Park, 7-9 p.m.
Aug. 19-21: Tribute to Our Fallen, Davenport Memorial Park
Aug. 20: Military Family Night-Picnic & Swimming, Longview Park & White Water Junction, 3-8 p.m.
Aug. 22-26: DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. - 3:40 p.m.
Aug. 22-25: SFL-TAP, Bldg. 56, 1st Flr., Rm. 122, 8 a.m. - 4:30 p.m.

ASC HQ Opens Nursing Mothers' Room, Exceeds Basic Requirements

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, presided over the ribbon cutting ceremony for ASC headquarters' new nursing mothers' room in Building 390, July 28. In November 2015, the Army updated a 2011 directive that instructed commanders to provide safe locations for nursing mothers to pump breast milk while at work. Those involved with the project at ASC said the new room goes above and beyond the requirements. According to the Army directive, the space must not be in a restroom, it must be private, have locking doors, a place to sit, a flat surface other than the floor for a pump, an electrical outlet and access to a safe water source at a reasonable distance. ([More](#))



Soldier at Olympic Opening: 'My Heart Was Full of American Pride'

Whether marching into Maracanã Stadium as part of Team USA or watching on television, U.S. Army Olympians felt great pride during the opening ceremony of the Rio Olympic Games. For race walker Staff Sgt. John Nunn, the charm of walking in his third Olympic opening ceremony was being able to simultaneously communicate with his 12-year-old daughter in Texas. "The best part of my evening was face-timing with Ella as I was walking into the stadium," said Nunn said. "It doesn't matter where I am or what amazing things are going on, getting to facetime with Ella will always be the highlight of my day." ([More](#)) ([Military Members Can Live Stream Olympics Coverage Free](#))



Aug. 9 Marks Season Finale of River Bandits' "Military Tuesday"

Each Tuesday home game this year has marked a "Military Tuesday" at Modern Woodmen Park for the Quad Cities River Bandits and **Tuesday, Aug. 9**, is the last regular season Tuesday home game; game begins at 7 p.m. As a reminder, \$1 bleacher tickets for all military personnel and their families - valid for active or retired military personnel and up to three guests with military ID.



'Feds Feed Families' Food Drive

On **Wednesday Aug. 10**, the Rock Island Arsenal will host the second of four food drives as part of the 8th Annual "Feds Feed Families" Food Drive. All food donated will be given to the River Bend Food Bank during this nation-wide initiative to combat hunger. In an Island-wide competition last year the Arsenal collected 5,908 pounds of food donations, which resulted in 4,923 meals for hungry children, families, and seniors in our community.

ACC-RI was the big winner last year with a collection of more than 4,200

lbs. of donated food items. This year we will still be having an Island-wide competition, but there will be a drive through drop of point on **Wednesday mornings in August** from **6 a.m. – 9 a.m.**

Boxes with unit or tenant names will be on site and donations will be placed in the appropriate box at the time of drop off. Each week we will alternate pick-up points to opposite ends of the Island in an attempt to make dropping off donations easy for the morning commute. **Aug. 10 and 24** we can be found just inside the Rock Island Gate on the right-hand side across from the digital marquee sign. **Aug. 17** the drop of location will be at the pavilion in Memorial Park. Watch the marquees for reminders and please drive through and see us on Wednesday mornings on the way in to work



during August. For questions or to have a box created for your unit or working group please contact Casey Noe at 309-782-1611 or casey.l.no.e.civ@mail.mil. ([Flyer](#)) ([DoD Special Report](#))

Thank You — On behalf of the Feds Feed Families Food Drive crew, we would like to take the time to thank everyone who donated this morning to the first of four food drive collection day and those are ASC, JMC, Health Clinic, USACE, and Garrison — way to go! Currently ASC holds the lead in donations, with JMC hot on their heels. Weights and totals will be coming out as I receive them. Thank you again for the donations and don't forget we will be out at the Rock Island Entrance next Wednesday from 6-9 a.m. again.

Garrison CAC Office Closed Aug. 10, 11

United States Army Garrison Rock Island Arsenal's Identification and Common Access Card Office will be closed **Wednesday and Thursday, Aug. 10 and 11**. The Defense Manpower Data Center (DMDC) will be on-site performing equipment upgrades and maintenance on the DEERS/RAPIDS Workstations; Equipment will be completely non-operational during that period. Unfortunately there are no alternatives for CAC Pin Reset (CPR) capabilities. The office will resume normal operations on **Friday, Aug. 12**.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Aug. 12 & 19, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. Also, there are 3rd Shift Blood drives at JMTC on **Thursday nights, Aug. 11 and 18**. These drives are held in the JMTC Cafeteria beginning at 2:15 am. Donors should see their Supervisor to sign up. The DMC will host a blood drive on **Thursday, Aug. 25, 12-4 p.m.**, from the MVRBC Donor Bus in front of Bldg. 350. To sign up, contact [Staff Sgt. Camille Richardson](#) at 309-782-0261. Walk-in donors welcome.



Donors at these drives will:

- Be entered into a monthly drawing for a \$300 gas card
- Be entered into the summer drawing for a new Ford Fiesta



Charlie Corpuscle reminds us, *"All previous malaria travel area restrictions still apply when donating blood. In addition, there is a 28-day deferral for those who return from areas in Mexico, the Caribbean or South America not included in the malaria restrictive areas. Please encourage donors to come in and give blood once the 28-day period has passed. Arsenal donors may always call the blood center at 563-359-5401 or email shoegerl@mvrbc.org if they have questions re: specific travel areas and deferrals which may be in place for those areas. Every donation is needed, especially in the summer months."*



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Building 350 Cafe Action Station Tuesday's

Every Tuesday, come visit the cafe on the 6th floor of Bldg. 350. Company Kitchen will offer a variety of options on Tuesdays that will rotate. Upcoming specials:

- Aug. 9: Chicken Caesar Salad — \$5.99
- Aug. 16: Build your Own Pasta Station — \$6.99
- Aug. 23: Taco Salad — \$5.99

There's An App For That!

Company Kitchen has launched an app — you can download the free app via the Google Play Store or the Apple App Store. There will be a variety of promotions held within the app. Once you have the app, you will no longer need to carry that little green card with you. You will be able to pay with the app at the kiosk as well as load money onto your account. For questions regarding the app, please see the F.A.Q section inside the app or email rockisland60@tafoodservices.com.

Antiterrorism Awareness Month

August marks the U.S. Army's seventh annual observance of Antiterrorism Awareness Month. The wide range of terrorist-related threats during the past year reflects the realities of the risks faced by the nation. To help prevent terrorist activities, Army communities must remain vigilant and constantly aware. The focus areas for Antiterrorism Awareness Month include recognizing and reporting suspicious activity (through iWATCH Army and iSALUTE programs), antiterrorism awareness training and information sharing, countering insider threats, and spreading awareness of the risks associated with the use of social media. ([More](#))



American Veterans Traveling Tribute

The American Veterans Traveling Tribute, a 360 foot replica of Veterans Memorial, is coming to Geneseo City Park in Geneseo, Ill., **Wednesday, Aug. 17, through Sunday, Aug. 21**, as part of the city's "The Cost of Freedom Festival," honoring all veterans and active military. This traveling replica is a 80-percent to scale traveling version of the Veterans Memorial, and is the largest traveling Veterans Memorial replica. American Veterans Traveling Tribute travels across the nation, providing veterans without the means to travel to the national Vietnam Memorial site a chance to see a replica model. Many vets take the opportunity to reflect and remember those lost. The Vietnam Wall has been a part of more than 300 events nationwide over the last 8 years. Organizers are planning a line-up of activities similar to the last time the Wall was in town with speakers, concerts and displays part of the events. A highlight of the Wall's visit will be a parade to honor all veterans at 2 p.m. on Saturday, Aug. 20. "We want veterans and their families, local groups and businesses to all get involved. We just want it to be one big patriotic parade," said Rhonda Borkgren of the Don Cherry VFW Post No. 5083 Auxiliary. "We want to give our veterans the recognition they deserve, and we hope to especially draw out our younger veterans." The August celebration will be a "tribute to all veterans" she said. "Every veteran deserves their welcome home." ([Facebook event page](#)) ([Geneseo Republic article](#))

Rock Island Arsenal Welcome Club Super Sign Up

Military and Arsenal Island workforce spouses are invited, **Thursday, Aug. 18**, 10 a.m. – 3 p.m., to our Super Sign Up at the Arsenal Attic Thrift Shop & Boutique in Bldg. 60 basement on the corner of Gillespie and South. Our proceeds go to support scholarships and community grants. Enter to win opportunity to win a luncheon plate for September luncheon, gift certificate and mystery prize

courtesy of RIA Federal Credit Union. RIA Welcome Club can't wait to meet new friends and greet old friends. Come out to greet old friends and meet new friends. RIAWC's purpose is to develop and foster a spirit of Quad Cities Area community responsibility at Rock Island Arsenal, to provide opportunities for social, cultural and creative pursuits and to support worthwhile service and community projects. Rock Island Arsenal Welcome Club is built on six core values of friendship, service, integrity, generosity, accountability and courtesy. These values serve as the organizations foundation and establish character and identity of RIAWC and its members. Open to active duty, Reserve and National Guard Spouses all ranks and branches of service, military retiree spouse, civilian employee spouse, retired civilian employee spouses and other federal government spouses' community. ([Flyer](#))

Tribute to Our Fallen

Since its inception in the summer of 2004, one year after the onset of Operation Iraqi Freedom, a small group, now known as the Mississippi Valley Patriots, has put together a special event to honor those brave souls who had made the ultimate sacrifice. Today Tribute to Our Fallen annual event, held at the Davenport Memorial Park, has grown exponentially. The first few years were dedicated solely to the military in Iraq, Afghanistan, the first responders and civilians lost on 9/11. Since 2008's event, veterans of all eras have been included in this very special remembrance. The event this year is **Friday, Aug. 19, through Sunday, Aug. 21**, and is free to the public. Tribute to Our Fallen is staffed around the clock from the opening ceremony, Friday, **Aug. 19**, at 7 p.m., to the closing ceremony, Sunday, **Aug. 21**, at 4 p.m. There are several events scheduled throughout the weekend. The key note speaker for Saturday's ceremony at 7 p.m. will be USMC Capt. Eric G. Kirsch, Citadel graduate, a veteran of both Operation Enduring Freedom and Operation Iraqi Freedom, he was to Naval Criminal Investigative Service, Washington DC Field Office's (DCWA) Foreign Counterintelligence "A" Squad and was responsible for multiple named Offensive Foreign Counterintelligence Operations; since his honorable discharge in 2012, Kirsch has served as an Offensive Counterintelligence Operations instructor at Joint Counterintelligence Training Academy; as a civilian special agent with NCIS; and as a civilian advisor to the American government and the Kurdish Regional Government in Iraqi Kurdistan. He is the founder and CEO of Torchlight USA. Please invite a friend. Volunteers are always welcome to join on Friday, **Aug. 19**, for setup. ([More](#))



VIOS Schedule for August, September

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Aug. 22, 23, 24, 25**, and **26**, and **Sept. 19, 20, 21, 22**, and **23**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available.

Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally.

Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#)

Free Tours of Locks and Dam 15

The U.S. Army Corps of Engineers Mississippi River Project announces they will be offering free tours of Locks and Dam 15 every Saturday and Sunday beginning Memorial Day Weekend through Labor Day Weekend. These tours will be offered at 10 a.m. and 2 p.m. and will each last one hour. Participants must wear shoes with enclosed toes and backs, tennis shoes are preferred. Purses, bags, cameras and pictures are not allowed on the tour but will be allowed in the Visitor Center before and after the tours. Walking is required. Pre-registration is also recommended as the group size is limited and tours sometimes fill fast. Tours will begin and end at the Mississippi River Visitor Center. To make a reservation please call the staff at the Mississippi River Visitor Center at 309-794-5338. ([More](#))



Shoes for Veterans

IowaWORKS – Eastern Iowa Davenport Center's 11th Annual Shoes for Veterans Drive is **currently underway**. Donations can be dropped off at IowaWORKS Eastern Iowa, 902 W. Kimberly Road in Davenport from 8:30 a.m. - 4:30 p.m., Monday through Friday. All donations will be distributed to our veterans at the Bridging the Gap Quad-City Homeless Veterans Stand Down, **Thursday, Sept. 15 through Saturday, Sept. 17**, at the Quad City Expo Center in Rock Island. Your support of this event will be deeply appreciated. All monetary donations for footwear are tax deductible and will be graciously accepted.

Modern Woodmen's Salute to Heroes March

Gather along our route **Sunday, Sept. 11**, beginning at 2 p.m. and into the evening, to honor local first responders and military members on the 15th Anniversary of 9/11. This patriotic march will start in downtown Rock Island and cross the Centennial Bridge into Davenport. After the march, join us for a special community event at Modern Woodmen Park, featuring safety awareness demonstrations, hero recognitions and family-friendly activities. If you know a first responder or military group who would be interested in participating in the march, please contact parade@modern-woodmen.org. Modern Woodmen's Be an Everyday Hero project remembers and honors those lost... and recognizes the brave first responders, military members and others who continue to serve our community every day. Visit www.modernwoodmen.org/everydayhero for more details, including a map of the march route.



Closure of the Records Holding Area, Bldg. 331

The Records Holding Area located in Bldg. 331 will close effective **Friday, Sept. 30**. All records that are stored in the facility must be moved or disposed of no later than **Thursday, Sept. 1**. It's the responsibility of each organization/command to relocate and provide space for their own records or dispose of records eligible for destruction. For more information contact [Joyce Rollins](#), Garrison Records Manager, 309-782-1245.

9th Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9th Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S.

Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the Troops for card-making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: mssipple1@gmail.com.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **AT&T Wireless:**

As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Repair Steps Bldg. 90 West Entrance

Effective **June 27**, Public Works began making repairs to the Bldg. 90 west entrance steps. The doorway on the west, facing East Street, is closed. The work includes removal and replacement of the steps and hand railing. The project is expected to last approximately eight to nine weeks depending on weather. Orange safety fence have been installed around the perimeter of the work area. Please use caution when traveling near the area.

Notice for Repair of Gillespie Street

On **Monday, Aug. 15**, the Directorate of Public Works will begin making repairs to Gillespie Street. The work will be accomplished in multiple phases. Phase I will include the repaving of Gillespie Street from Blunt Road to the north edge of the south entrance to Bldg. 312. Phase II will be from the south entrance to North Avenue. Work includes paving, curb and gutter, storm drainage and sidewalk replacement. The project is expected to last approximately four months depending on weather. Orange safety fence will be installed around the perimeter of the work area. Signs and barricades will be used to detour traffic. Please use caution when traveling near the area.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



Closure Notice, Building 104 Courtyard

The Directorate of Public Works has closed the Bldg. 104 Courtyard to all traffic, parking, and public access effective **Aug. 1, through Thursday, Dec. 15**. Closure is required to stage materials and equipment to remove and replace the roof on Bldg. 104. Signage will be placed at all doors exiting into the Courtyard notifying occupants of emergency exit only. Access into the Base Supply Store will be through the south end, east wing overhead door and/or East door. Emergency Services will have access to all doors in the courtyard in case of emergencies.

Building 299 Door Closures

The Directorate of Public Works (DPW) has a construction project to replace the fire water loop at Bldg. 299. This work entails trenching for the pipe line around the exterior of the building. This work will result in some door closures. Beginning approximately **Thursday, Aug. 4, through Friday, Sept. 2**, trenching on the west side of the building will affect door access. Only one pedestrian door will be closed at a time. During closures, signs will be posted both inside and outside the building with direction to the next nearest door. Access to the overhead doors will remain open. Parking spaces in lot 2Z will also remain open. Please keep in mind that these dates are approximate and can change due to weather or unexpected circumstances that may occur with the trenching.

Active Duty/Reserve Zone



Spooked By Obesity Trends, the U.S. Military Is Redefining Its Basic Fitness Standards

For the first time in 14 years, the military is rewriting its body composition standards and the methods used to determine whether troops are too fat to serve. Pentagon officials intend to publish a new policy later this year, a document expected to have sweeping effects on how the military defines and measures health and fitness. The review comes amid rising concern about obesity. Among civilians, it is shrinking the pool of qualified prospective recruits. And in the active-duty force, a rising number of overweight troops poses risks to readiness and health care costs. "You can look around and see all the soldiers that are pushing that belly," said Dr. David Levitsky, a professor of nutritional science and human ecology at Cornell University who has studied military nutrition and obesity. "They have to do something about it." ([More](#))

Mandatory Writing Test for NCOs to Launch Oct. 1

Beginning Oct. 1, all soldiers and noncommissioned officers preparing to attend an NCO professional military education course will be required to take an English comprehension and writing assessment. The move is part of the Army's ongoing effort to sharpen its education courses and develop better leaders. A pilot underway right now with Basic Leader Course students, most of whom are specialists seeking promotion to sergeant, showed that about 75 percent of those assessed need additional help or coaching. More than 12,000 BLC students have taken the assessment. "What we've found was that they have writing skills, but they could improve to a level that would be comparable to a first-year college student," said Liston Bailey, chief of learning initiatives and innovations for Training and Doctrine Command's Institute of NCO Professional Development. "A lot of the young men and women come in, and their writing skills are not polished. They don't necessarily have the skills to write about and defend their ideas, or how to support an argument, let's say." ([More](#))

Workplace and Gender Relations Survey

The Workplace and Gender Relations Survey of Active Duty Members (WGRA) is a congressionally mandated survey conducted once every two years. It is an independent assessment of the rates of sexual assault, sexual harassment, and gender discrimination in the military. The survey measures the frequency of unwanted sexual contact, sexual harassment, gender discriminatory behaviors and sex discrimination experienced by service members during the past 12 months. The content of the survey largely aligns with the 2014 RAND Military Workplace Survey and will be conducted by the Defense Manpower Data Center as part of a biennial cycle of Health and Resilience surveys. ([More](#))

John Deere Classic 2016 Military Appreciation Day

Please join us **Saturday, Aug. 13**, as we honor our active and retired military at the 2016 John Deere Classic. Thanks to Lowe's and AUSA, all military personnel currently holding a Common Access Card (CAC), as well as those who have retired from Armed Services and have a valid ID card, will be given free admission along with one guest each day Thursday - Sunday. This offer applies to active duty and retired military only, and not civilian or contractor CAC card holders. CAC card must be shown at the front gate to receive daily ticket. On **Saturday, Aug. 13**, all military guests are invited to the air-conditioned skybox behind #15 green for complimentary food and beverages along with VIP golf viewing. The John Deere Classic staff, board of directors, volunteers and fans thank you for your service.



Military Family Night-Picnic & Swimming

All Military families are invited **Saturday, Aug. 20**, 3-8 p.m., Longview Park & Whitewater Junction Waterpark, to join MWR for a free fun night of games, swimming and Famous Dave's® barbeque. Games, including water balloon toss, sponge dodgeball and bean bags start at 3 p.m., food will be served at 4 p.m. and then swimming at Whitewater Junction from 6-8 p.m. This great annual event is only made possible through the generosity of our sponsor, the [Rock Island Chapter of the Association of the United States Army \(AUSA\)](#) so make sure to stop by their table that night and say thanks. No official U.S. Army endorsement of sponsors is implied. ([Flyer](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Safety Is Name of Game for Army Motorcycle Program

Motorcycles have always evoked an image of freedom, individuality, and as the case may be, rebellion. Unlike any other purchase, a motorcycle changes you. You're not just a guy or girl with a motorcycle; you're a rider. You feel cooler and like the lyrics to the old Twisted Sister song, Ride to Live, Live to Ride, "You've got to ride to live, live to ride, feel the flames burn inside..." While riding may seem cool, you may even feel cooler as a rider, current Army accident data show, a significant number of fatal motorcycle accidents are due to rider indiscipline, not lack of skill. The Army Progressive Motorcycle Program requires all Soldiers who own or operate a motorcycle to complete four separate training events at specific time intervals defined in Army Regulation 385-10:

- The Motorcycle Safety Foundation Basic Rider Course
- The Basic Rider Course 2, formerly Experienced Rider Course, or Military Sport Bike Rider Course
- Motorcycle refresher training
- Sustainment training

Required follow-on training must be completed within 12 months of completing the BRC, and sustainment training is required every five years. Refresher training is only required if a rider has been deployed more than 180 days. ([More](#))



Equal Employment Opportunity Focus



Women's Equality Day

Women's Equality Day is a day proclaimed each year by the United States President to commemorate the granting of the vote to women throughout the country. Women in the United States were granted the right to vote on Aug. 26, 1920, when the 19th Amendment to the United States Constitution was certified as law. The amendment was first introduced many years earlier in 1878. Every president has published a proclamation for Women's Equality Day since 1972, the year after legislation was first introduced in Congress by Bella Abzug. This resolution was passed in 1971 designating Aug. 26 of each year as Women's Equality Day. President Barack Obama stated in his 2015 Women's Equality Day Proclamation, "Women's equality is a core civil and human rights principle in the United States and around the world. Across America, women are contributing to our economy and our Nation in innovative and exciting ways. From businesses to battlefields, women are vital to the prosperity and security of our country. As we celebrate the last 95



years of progress in advancing women's rights, let us rededicate ourselves to the idea that our Nation is not yet complete: there is still work to do to secure the blessings of our country for every American daughter." ([Women in the Army](#))

Save the Date — The Rock Island Arsenal's Women's Equality Day Observance will take place **Thursday, Aug. 25**, and include Lt. Gen. (Ret) Patricia McQuiston as the featured speaker. A time and venue have not been verified. McQuiston served as deputy commander and chief of staff for the U.S. Army Materiel Command from 2012 until her retirement in 2015. Prior to earning her third star she served here at Rock Island Arsenal as the commanding general for U.S. Army Sustainment Command from Oct. 28, 2011 to July 27, 2012.



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Lock & Dam Lounge Closes for Renovations

Effective April 2, the Lock & Dam Lounge closed for renovations until further notice.

Volunteers Needed for the QC Marathon

Arsenal Island makes up a significant portion of the route for this annual Quad Cities tradition and that means we need lots of hands to help pull it off successfully. Volunteers are needed **Sunday, Sept. 25**, to set up and tear down the course, hand out water and sports drinks, cheer on all the runners and much more. If you'd like to donate some of your time to this great event please contact the Fitness Center at 309-782-6787.

Submission Period for 2016 Army Arts & Crafts Contest

Novice and accomplished artists are encouraged to submit their works of art to the annual Army Arts & Crafts contest, open **June 13 – Aug. 12**. There are 10 categories this year including ceramic, digital, fiber, glass, metal, wood, drawings, paintings, 2D & 3D mixed media. Find more info on eligibility and contest rules at www.armymwr.com/arts ([Flyer](#))

Free Family Outdoor Movie Night

Join MWR **Friday, Aug. 19**, 7-10 p.m., Memorial Field, for our first ever Outdoor Family Movie Night — Bring your blankets and lawn chairs and stake out your spot at Memorial Field to watch the Lego Movie under the stars. This fun family night will feature a free screening of the hit movie, concessions, and bounce houses for the kids before the movie. Inclement weather location is Heritage Hall. Call 309-782-8630 for more info. ([Flyer](#))

Paintless Dent Repair Technician Available

The always popular paintless dent repair technician will be available for repairs on **Wednesday, Aug. 24**, 9 a.m. - 2 p.m., Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. ([menu is available here](#)) ([daily buffet items here](#))



Office Hours

Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

2016 Adventureland Tickets

Leisure Travel has discounted one day admission tickets for the 2016 season to Adventureland Amusement & Water Park. Adult and Child \$33; at the gate adult is \$42, child is \$37.

Noah's Ark Water Park

Located on 70 sprawling acres in the heart of Wisconsin Dells, Wis., featuring 51 water slides and dozens of various attractions. From two Endless Rivers, four children's water play areas, bumper boats, a mammoth 4-D Movie Theater, and not just one, but two giant wave pools, there is something for the whole family. Children two years or 36" and under are free. LTO price \$26, gate is \$41.62 with tax. Note: Special Salute to Heroes — Military Days — Free Admission: **Entire month of June and Aug. 22 — Sept. 5**: Military (active, Retired, Reserve) with valid ID; family members additionally receive 50 percent off.

Navy Pier/Shedd Aquarium Bus Trip

Leisure Travel has another bus trip planned for Navy Pier or Shedd Aquarium on **Saturday, Sept. 10**, 6:30 a.m. - 5:00 p.m. Bus departs from the Motel 6 by the QC Airport at 6:30 a.m. Half hour stop to and from Chicago. Drop off at Navy Pier or Shedd Aquarium. Bus departs Chicago at 5:00 p.m. Snacks and beverages are allowed. Cost is \$41 for transportation only. Reserve your seats this soon is a popular bus trip. ([Flyer](#))

WWE Live

WWE Live Returns to the Quad Cities **Friday, Sept. 23**, at 7:30 p.m., for the Final Time This Year. They are bringing an awesome line up to the iWireless Center. See your favorite WWE Superstars including: • Roman Reigns, • Seth Rollins, • The New Day, • Natalya, • Becky Lynch, and Many More *Card is subject to change. Discounted seats on sale until **Monday, Sept. 12**.

Mickey & Minnie's Doorway to Magic

Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy on **Friday, Nov. 4**, 4 p.m. & 7 p.m., at the iWireless Center, as 25 of your favorite Disney characters surprise and captivate at every turn of the knob. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the Toy Story gang defy the dimensions of Andy's toy box with the help of the green army men; and the spectacular stage debut of Rapunzel and Flynn Rider as they rise into the sky amidst the floating lanterns. With special appearances by Snow White, Tinker Bell and Aladdin's Genie, you never know what to expect or who might join in the fun. In Disney Live! Mickey and Minnie's Doorway to Magic you hold the ultimate key to unlocking your imagination. Discounted tickets on sale until **Monday, Oct. 10**.

Downtown Chicago/Christkindlmarket

Leisure Travel is selling seats for this popular winter shopping bus trip taking place **Saturday, Dec. 10**, 6:30 a.m. - 5 p.m. Let Tri-State Travel coach drive you to and from. No worries about traffic or paying for parking. Cost is \$41 per person. Transportation only. Depart from the Motel 6 by QC Airport at 6:30 a.m. Depart from Chicago at 5 p.m. ([Flyer](#))

Ice Age on Ice

You and your family can catch this fantastic event, easier than Scrat could ever catch that acorn, on **Jan. 31 or Feb. 1**, 7 p.m., at the iWireless Center in Moline. Scrat gets the wakeup call of his life when he buries his prized acorn in a once-dormant volcano that rumbles back to life. With an eruption threatening our sub-zero heroes' way of life, they must find the magical Frostberry to stop a tidal wave of lava and save themselves from certain extinction. Leisure Travel has discounted seats on sale until **Monday, Dec. 12**.



Army Transitions to Simplified DoD Request For Childcare Website

The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need. In March 2016, select Army garrison families will begin to use www.MilitaryChildCare.com as their website to search for and request child care services where they are or where they are planning to move. "The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs," said Theresa Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program Manager. "The DoD has worked hard to develop a system which allows patrons to create their own account, search and request care, manage requests and update their profile from the convenience of their home," she said. Using

MilitaryChildCare.com, parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need, and submit a request for care at any time from any location, Sanders explained. Web services were first tested in pilot programs throughout the military branches including U.S. Army Garrison Hawaii. Soldiers and Families at Aberdeen Proving Ground, Forts Belvoir, Campbell, Detrick (Forest Glen and Frederick), Drum, Knox, Lee and Meade, Watervliet Arsenal and Joint Base Myer-Henderson Hall will gain access to the site in March. Each garrison is working directly to notify the families affected and assist in the implementation of the DoD website rollout. ([More](#))

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Announcing Financial Fitness Week

Come join us during lunch for free financial classes **Monday through Friday, Aug. 15-19**, 12-1 p.m. Classes will be provided by RIA Federal Credit Union, your Accredited Financial Counselor® (AFC®) and Certified Financial Planner® (CFP®). You may attend one or all.

- **Understanding Your Credit Report and Score — Monday, Aug. 15**
RIA Federal Credit Union's, Helen Wols, takes you through why credit is important, what's in a credit report, how to get one, how it's calculated, building/rebuilding credit and some common myths. Pizza provided by RIA Federal Credit Union. ([Flyer](#))
- **A Financial Primer: 12 Tips to Secure Your Financial Future — Tuesday, Aug. 16**
Your AFC® provides you the key tips you should know about a secure financial future. Bring your lunch and get an understanding of financial planning. ([Flyer](#))
- **Money Management and the TSP — Wednesday, Aug. 17**
Why use the Thrift Savings Plan, Saving and Investing, the rule of 72, the five funds and L Funds. Bring your lunch and let your AFC® help you understand why should be using the TSP. ([Flyer](#))
- **Picture Perfect Retirement — Thursday, Aug. 18**
Your CFP® gives you a glimpse into strategies you can adopt to help you plan ahead during the different age phases? After years of hard work, you're certainly entitled to a happy retirement. A financial planning web base tool will be used to demonstrate retirement required Savings, IRA vs Roth IRA, proper life insurance coverage and more. ([Flyer](#))
- **Financial Fitness Check — Friday, Aug. 19**
Your AFC® gives you a personal financial security review. Here's your chance to review what your financial situation really looks like. It is recommended that you do a review at least annually. Hear what you should be reviewing at a minimum. Bring your lunch. ([Flyer](#))



For more info and to sign up, call 309-782-0829 or usarmy.RIA.imcom-central.mbx.usag-ac@mail.mil no later than **Thursday, Aug. 11.** ([Flyer for full week](#))

Couples Communication Class

Get your partner and get signed up for our next couples communication class **Wednesday, Aug. 24,** 4-5 p.m., at the Army Community Service (Bldg. 110), and gain knowledge and learn skills that will enhance communication in your relationships. Parents can earn two CYSS participation points for attending. Class subject to cancellation if minimum registration is not met. Participants need to RSVP to ACS 309-782-0829.

Newcomers Orientation and Bus Tour

Are you new to the Arsenal or do you have new employees or service members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour on **Thursday, Aug. 25,** 8 a.m. - 5 p.m., at the Arsenal Island Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsors, Rock Island Arsenal Federal Credit Union and USAA. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

A Call for Volunteers

The Army Volunteer Corps is searching for volunteers. There are several positions open here at RIA. Whether you would like to make a specific time commitment or you only have a little time give now and again. We have a variety of opportunities for you. Currently we are looking for help with the Feds Feed Families Food Drive, Family Movie Night, Family Picnic, QC Marathon, Trunk or Treat, and Domestic Violence Awareness Month events just to name a few. We also have some regular reoccurring positions that need to be filled such as the Army Family Team Program is looking for a volunteer manager and Army Community Service is looking for a social media volunteer. For more information on volunteering please contact the Army Volunteer Corps coordinator at 309-782-0816.



Army Family Action Plan

Is there something you would like to see changed on Rock Island Arsenal? Is there something that is working well? Do want Army leadership to know about it? The Army Family Action Plan, or AFAP as it is commonly known, is a forum that provides a way to let Army leadership know what works, what doesn't, and how you think problems should be resolved. Anyone can submit Quality of Life issues that they would like to see changed. Army Community Service can assist you with submitting the issue through the Army OneSource Issue Management System. If you would like more information on AFAP or would like to know more about current and past issues, please stop by our center, in Bldg. 110 or call 309-782-0816 to speak with the AFAP Program Manager. More information on AFAP may also be found online at Army OneSource. To search local issues, type in our zip code on the [issue search page located at this link](#).



Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

The RIA Employee Assistance Program Presents: Real Colors

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact 309-782-4357 Additional date:

Nov. 8.

Event Date: **Aug. 9**

Event Time: **8 a.m. - 12 p.m.**

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class dates are **Aug. 23** and **Nov. 29**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This workshop will help you manage difficult personalities on the job and take control of what you can control in the workplace: You. The next upcoming class dates is **Sept. 15**, 10 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. Register on [TEDs](#), or call 309-782-4357.

Emotional Intelligence

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **Sept. 27** and **Dec. 20**, 10:30 a.m. – 12 p.m., and

will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Improving Workplace Relationships

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **Oct. 11**, and **Nov. 10**, 10 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. Register for classes on [TEDs](#) under "Current Classes."

Time Management

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. An upcoming class date is **Oct. 25**, 10:30 a.m. – 12 p.m., in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

DoD Virtual Education Fair

The Department of Defense Voluntary Education Program will host its second pilot DoD Virtual Education Fair, **Thursday, Aug. 11**, 7 a.m. to 5 p.m. CDT, in an effort to help make higher education more accessible to service members, veterans and family members. Registration is required to participate and is open at www.dodeducationfair.com. Registration is open throughout the event providing participants, anywhere in the world, easy access to benefits and information necessary to reach their individual education goals. To ensure connectivity, participants are encouraged to use their mobile devices, if unable to access the event via government computers.

Employment-Education Event at Rock Island Arsenal

The Directorate of Human Resources, U.S. Army Garrison, will host the Semi-Annual Employment-Education Event on **Wednesday, Sept. 7**, 9:30 a.m. – 1 p.m., in the Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. Numerous employers, academic institutions and Veterans Service Organizations from throughout the Midwest will be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. Veterans Service Organizations will be

available to assist with resources, benefit information, and resume development. If you are searching for employment, please come ready; have resumes to hand out and be appropriately dressed. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or christopher.j.gegenheimer.civ@mail.mil. Any questions about the event can be directed to Shelly Mimms, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Do something today that your future self will thank you for!

RIA Army Education Center Commencement Recognition Ceremony

The Rock Island Arsenal Army Education Center will host the Annual Commencement Recognition Ceremony Wednesday, **Sept. 14**, 1-3 p.m., at the Arsenal Island Clubhouse. The ceremony begins at 1 p.m. with a reception to follow. All service members who completed a post-secondary degree/certificate during FY16 are invited to participate. The purpose of the ceremony is to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. ACES promotes lifelong learning opportunities and sharpens the competitive edge of the Army through voluntary education. ACES' mission supports readiness and resilience through its services in support of the Total Army family. For more information please contact the Education Center at 309-782-2065.



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [here](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Exchange, Axe Help Military Shoppers Clean Up Nice with \$12,500 in Gift Cards

This summer, the Army & Air Force Exchange Service and Axe are helping military shoppers cleanup for the school year with the Axe Back to School Sweepstakes. From **Aug. 5 to Sept. 1**, authorized shoppers can enter the sweepstakes for the chance to win one of 25 \$500 Exchange gift cards. "These Exchange gift cards will help our military shoppers get all the things they need to feel prepared for this upcoming year," said Rock Island Exchange Store Manager Lisa Scadden. "This is a worldwide contest, but with 25 prizes available, I encourage Rock Island shoppers to enter." Shoppers 18 years and older can login to shopmyexchange.com/sweepstakes to enter. No purchase is necessary, and entrants do not need to be present to win. The Axe Back to School Sweepstakes prize drawings will take place on or around **Sept. 8**.

Exchange's Online PCS Headquarters Makes the Move Smooth for Military Families

As PCS season kicks off for Soldiers, Airmen and their families, the Army & Air Force Exchange Service has all the right moves for making a smooth transition. Exchange shoppers can visit PCS

Headquarters online at www.shopmyexchange.com/PCS to find moving checklists, helpful products and more. “The Exchange understands the needs of Soldiers and Airmen accepting a permanent-change-of station assignment,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “The Exchange can ease the transition, and our online PCS Headquarters has everything military members need in one convenient location.” ([More](#))

As Students Head Back to Class, Exchange Gives Lessons in Extra Savings

As students and families do their homework on finding the best deals for the new school year, the Army & Air Force Exchange Service is offering military shoppers A-plus savings that effectively double the Exchange’s everyday tax-free benefit. As several states roll out “sales tax holidays” on clothing, footwear and other school-related supplies, the Exchange will match local sales tax discounts to offer an additional percentage off (equivalent to the local sales tax rate) select back-to-school items. “At the Exchange, every day is a sales tax holiday,” said Air Force Chief Master Sgt. Sean Applegate, the Exchange’s senior enlisted advisor. “When families shop for back-to-school supplies during state sales tax holidays, the Exchange benefit becomes even more valuable.” ([More](#))

Commissary Patrons Help Drive Feds Feed Families Support

Last year was a banner year for the Feds Feed Families campaign. The Department of Defense collected more than 3.2 million pounds of food and personal hygiene items for donation to local food banks and pantries. Commissary employees and their patrons contributed almost 50 percent or a whopping 1.6 million pounds of DOD’s total. “Our customers are the main driver behind the donations,” said Randy Eller, DeCA’s deputy director of logistics. “Their contributions have increased our total 66 percent from 2014.” The Feds Feed Families campaign, which runs June through Aug. 31 this year, was created as a part of President Obama’s United We Serve campaign in 2009. The program was started to help food banks stay stocked throughout the summer, when they typically see fewer donations and increased demand. Through the program, almost 57.2 million pounds of food and other items have been donated by federal employees from all across the federal government. ([More](#))

Exchange Gets Military Shoppers Prepared for New School Year with \$5,000 in Prizes

As the time for back-to-school shopping approaches, military shoppers can start crossing things off their school supplies lists with \$5,000 in gift cards from the Army & Air Force Exchange Service, Hershey and Mars. From **July 22 to Aug. 18**, authorized shoppers worldwide can enter the Hershey & Mars Back to School Sweepstakes for the chance to win one of 10 \$500 Exchange gift cards. “Back-to-school shopping can be as stressful as it is fun,” said Air Force Chief Master Sgt. Sean Applegate, the Exchange’s senior enlisted advisor. “These Exchange gift cards will help students start the school year off with everything they need to succeed.” ([More](#))

Exchange Expands Layaway to Include Laptops, Tablets for Back-to-School Season

The Army & Air Force Exchange Service is helping military students head to the top of the class during the 2016-17 school year by extending its layaway program to include computers and tablets needed to succeed in the classroom. From **July 1 to Aug. 31**, just in time for back-to-school season, Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads—items that are not typically eligible for the program. “Having up-to-date technology can be vital to succeeding in the classroom, and the Exchange is making it easier for military families to manage expenses to get the tools students need to succeed,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “The extended layaway program helps parents and students stick to their

back-to-school budgets." A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at their local Exchange for complete details. ([More](#))

Everything's coming up Roses for Shoppers with Exchange Bouquet Sweepstakes

Military shoppers can stop and smell the flowers this summer with the Army & Air Force Exchange Service's Teleflora sweepstakes. From **July 1 to Aug. 31**, authorized shoppers have the chance to win one of six Teleflora bouquets valued at \$83. Shoppers can enter the sweepstakes by visiting shopmyexchange.com/sweepstakes. Three winners will be drawn for July, and three more will be drawn in August. No purchase is necessary to enter or win. ([More](#))



Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Aug. 8-14

In August 1927, Charles Lindbergh visited the RIA and stayed overnight in Quarters One and toured the shops. On Aug. 13, 1863, Major Charles P. Kingsbury arrived at Rock Island to assume his duties of constructing and commanding the Rock Island Arsenal.



Healthbeat



Watch for Signs of Medical Identity Theft

Did you know that health care is the number one target, nearly as much as retail, finance, and banking combined, for identity theft and fraud? Your health information is important to you and your health care provider. But in the wrong hands, it can be valuable to someone else. Would you know if someone stole your medical identity? Identity theft affects millions of people year. The Federal Trade Commission offers several steps you can take to make sure your health care information remains secure. First, read your medical and insurance statements regularly and completely. They can show warning signs of identity theft. Look for services you did not receive or providers you did not see. This is like seeing charges on your credit card statement that were not yours. Next, read the Explanation of Benefits (EOB) statement or Medicare Summary Notice that your health plan sends after each treatment. Again, check the name of the provider, the date of service, and the service provided. Do the claims paid match the care you received? If you see a mistake, contact your health plan and report the problem. ([More](#))

DoD Human Tick Test Kit Program

The Department of Defense Human Tick Test Kit Program helps combat the threat of tick-borne diseases to DoD personnel. The Army Public Health Center (Provisional) provides a tick

identification and testing service for military health clinics/health care providers. This is a free service and it serves as a 'first alert' for tick-bite patients and their health care providers. The APHC (P) provides clinics/health care providers with 'tick test kits' upon request. Each kit consists of instructions, a vial for the tick specimen, a submission form, and a preaddressed envelope for mailing the specimen back to the APHC Tick-Borne Disease Laboratory. ([More](#))

Notes for Veterans



Disabled Vets to Get New Leave Benefit

The Office of Personnel Management is expected to release new regulations on Aug. 5 to create a leave category exclusively for disabled veterans. The new leave policy, implemented under the Wounded Warriors Federal Leave Act of 2015, would apply to any veteran hired after Nov. 5, 2016, and has a service-connected disability rating of 30 percent or more. The regulation would provide new employees with a one-time leave benefit in their first year of government employment. The leave can only be used for medical treatment on a qualified service disability. The leave has to be less than less than 104 hours and is only for newly hired veterans, or National Guard members and military reservists who have returned to their civilian jobs. Acting OPM Director Beth Cobert said in a statement that the new leave policy provides a needed benefit for veterans who are just entering the civil service. ([More](#))

VA Pension Provides Support for Qualifying Veterans, Survivors

When Veterans and their family members think of VA benefits – the first thoughts that typically come to mind are VA's educational benefits, compensation and health care benefits, or home loan benefits. Many don't realize that VA also offers a benefit that can assist qualifying war-time Veterans and their survivors. As our country's Veteran and surviving spouse population grows older and ailments worsen, it's important for Veterans and their families to know about the benefits available to them from VA. VA pension is an income-based benefit offered to qualifying Veterans and their survivors. The amount of pension payable is based on the Veteran's or survivor's family income. VA may be able to deduct out-of-pocket medical expenses from income, including but not limited to amounts paid to nursing homes, assisted living facilities, and for in-home care. Additionally, if VA determines a Veteran or surviving spouse is housebound or requires the aid and attendance of another person, he or she may be entitled a higher rate of VA Pension. ([More](#))

VA Releases Report on Nation's Largest Analysis of Veteran Suicide

The Department of Veterans Affairs (VA) today released its findings from the nation's most comprehensive analysis of Veteran suicide rates in the United States in which VA examined more than 55 million Veterans' records from 1979 to 2014 from every state in the nation. The effort advances VA's knowledge from the previous report in 2012, which was primarily limited to information on Veterans who used VHA health services or from mortality records obtained directly from 20 states and approximately 3 million records.. Compared to the data from the 2012 report, which estimated the number of Veteran deaths by suicide to be 22 per day, the current analysis indicates that in 2014, an average of 20 Veterans a day died from suicide. ([More](#))

Veteran Employment & Resource Fair

This event, being held **Tuesday, Aug. 16**, 11 a.m. – 3 p.m., at the National Guard Armory, 3615 N Brady St., in Davenport, is to assist current and former service members and their dependents with resume, employment, and resources through the partnership of Home Base Iowa, IowaWORKS, Great River HR Association, and National Guard Family Assistance Center. We invite you to attend, network with employers, and connect with useful resources. Questions contact jennifer.toenjes@iwd.iowa.gov or 563-445-3200, ext. 43348.

QC Veterans' Roll Call Radio Show

A new radio show for Quad-City area veterans has been established on WXP 97X at **7 a.m. on Sunday mornings**. This weekly radio show's mission is to provide local veterans, military, and their families, honest, relevant and (when possible) entertaining content. They state they have two values for their show, respect and empathy. "We respect the truth and everyone's opinion. We have empathy for our veterans and military as they are, their families and their care-givers." The show, hosted by Jen Bert, also has a Facebook group to spur discussion and to spread the word. The group is simply titled "QC Veterans' Roll Call Radio Show," and can be found at www.facebook.com/groups/245799959137007.



Around the Q.C.



C

- Aug. 8-14:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
- Aug. 9:** [Experience on a Towboat from Rock Island to St. Louis](#) (Quad City Botanical Center, Rock Island)
- Aug. 10-21:** [Replica Columbus Ships Niña and Pinta in Davenport](#) (Onieda Landing, 1201 E River Dr., Davenport)
- Aug. 11-13:** [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)
- Aug. 13:** [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)
- Aug. 13:** [13th Annual Xstream Cleanup](#) (Greater Quad Cities)
- Aug. 16:** [Veteran Employment & Resource Fair](#) (National Guard Iowa Recruiting, 3615 N Brady St, Davenport)
- Sept. 16-17:** [Our Big Fat Greek Festival 2016](#) (Saint George Greek Orthodox Church, 2930 31st Ave, Rock Island)
- Aug. 17:** [American Veterans Traveling Tribute](#) (Geneseo City Park, Geneseo, Ill.)
- Aug. 17-21:** [American Veterans Traveling Tribute](#) (Geneseo City Park, Geneseo, Ill.)
- Aug. 19-20:** [Ya Maka My Weekend](#) (The District, Rock Island)
- Aug. 20:** [Pints for Preservation](#) (Niabi Zoo, Coal Valley)
- Aug. 20:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
- Aug. 20:** [Floatzilla: Canoe & Kayak Floatilla](#) (Sunset Park, 1309 Mill St, Rock Island)
- Aug. 20:** [The Great Inflatable Race Quad Cities](#) (Credit Island Park, Davenport)
- Aug. 20:** [2nd Quad City Pokemon Go Pub Crawl](#) (Downtown Moline)
- Aug. 21:** [Q.C. Cancer Awareness Ride](#) (Lady Di's Park View Inn, 18109 270th St, Eldridge)
- Aug. 26-27:** [River Roots Live](#) (LeClaire Park, Davenport)
- Aug. 27:** [Quad Cities 3rd Annual Overdose Awareness Walk](#) (Lafayette Park, 700 W 4th St, Davenport)
- Aug. 27:** [Vettes on the River](#) (LeClaire, Iowa)
- Aug. 27:** [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)
- Sept. 3-4:** [Rock Island Grand Prix](#) (Downtown Rock Island)
- Sept. 8:** [Sr. Citizen Riverfront Golf Cart Tour](#) (River Action, 822 E River Dr, Davenport)
- Sept. 10:** [¡VIVA! Quad Cities](#) (Isle of Capri Casino Parking Lot, Bettendorf)
- Sept. 10:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
- Sept. 10:** [Row the Miss Regatta](#) (Mississippi River at Moline)
- Sept. 10:** [Krazy Kids Inflatable Fun Run](#) (Genesis Health Plex, 3900 28th Ave Dr Moline)

Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 15-17: [Stand Down 2016](#) (Rock Island QCCA Expo Center)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport)
Sept. 17: [River Action's 11th Annual Taming of the Slough](#) (Hampton, Ill.)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport)
Sept. 17: [2016 Walk to End Alzheimer's - Quad Cities](#) (iWireless Center)
Sept. 17: [4th Annual It's Glow Time 5K Throwback](#) (Bass Street Landing, Moline)
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport)
Sept. 22: [Hy-Vee presents Corks FORE a Cause](#) (RiverCenter, Davenport)
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline)
Sept. 24: [Knox-Warren Walk to End Alzheimer's](#) (Lake Storey Park, Galesburg, Ill.)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)
Oct. 27: [Fright Night](#) (The District (Rock Island)
Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)
Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

Island Insight



Col. Kenneth Tauke, Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)

